

IN THE CLAIMS

1. (Currently Amended) A leg stretching apparatus comprising:

a frame, said frame supporting a seat attached to a top portion of said frame enabling a user's legs to straddle said frame below said seat;

a pair of leg supporting wings, hingedly each mounted on opposite sides of said seat to an end of a hinge support bar positioned on said top portion of said frame; and

a threaded rod means enclosed within said frame for raising and lowering said leg supporting wings in response to a turning of a crank extending from said frame ~~lever of said raising and lowering means~~.

2. (Original) The leg stretching apparatus as recited in Claim 1 wherein said frame comprises a step for assisting a user climbing onto said apparatus.

3. (Original) The leg stretching apparatus as recited in Claim 1 wherein each of said leg supporting wings comprises a wing support frame attached to a leg section.

4. (Canceled)

5. (Currently Amended) The leg stretching apparatus as

recited in Claim 1 wherein said ~~raising and lower means~~
apparatus comprises a universal joint attached to an upper end
of said ~~a~~-threaded rod.

6. (Currently Amended) The leg stretching apparatus as
recited in Claim 5 wherein said ~~lever~~-crank attaches to an
upper end of said universal joint for rotating said threaded
rod.

7. (Original) The leg stretching apparatus as recited
in Claim 5 wherein said frame comprises a wing drive housing
having said universal joint attached to an upper end of said
threaded rod enclosed therein.

8. (Original) The leg stretching apparatus as recited
in Claim 7 wherein said threaded rod comprises:

a drive bar having a hex nut located in the center of said
drive bar which screws on said threaded rod; and

said drive bar further comprises a pair of drive
extensions, each of said drive extensions being welded to
opposite sides of said hex nut and extending through an opening
in opposite sides of said wing drive housing.

9. (Currently Amended) The leg stretching apparatus as
recited in Claim 7 wherein said frame comprises a crank
housing, extending upwardly from said wing drive housing, said

crank housing enclosing a crank rod attached to said ~~lever~~
crank.

10. (Currently Amended) The leg apparatus as recited in
Claim 8 wherein said apparatus comprises:

a first strut having a first end attached to a first end
of said drive bar and a second end attached to a first one of
said pair of leg supporting wings, ~~—~~; and

a second strut having a first end attached to a second end
of said drive bar and a second end attached to a second one of
said pair of leg supporting wings.

11. (Currently Amended) A leg stretching apparatus
comprising:

a frame;

a seat attached to said frame;

a pair of leg supporting wings, hingedly mounted on
opposite sides of said seat;

each of said leg supporting wings comprises a wing support
frame attached to a leg section;

a hinge support bar positioned adjacent to said seat on a
top portion of said frame for receiving said pair of hingedly
mounted leg supporting wings;

a threaded rod positioned within said frame having a
universal joint attached to an upper end;

a crank rod extended between said universal joint and a

~~lever~~ crank for turning said threaded rod;

a pair of drive bars attached to opposite sides of a hex nut, said hex nut moving along said threaded rod as said threaded rod turns in response to a rotation of said lever to raise and lower said leg supporting wings;

a first strut having a first end attached to a first end of said drive bar and a second end attached to a first one of said pair of leg supporting wings; and

a second strut having a first end attached to a second end of said drive bar and a second end attached to a second one of said pair of leg support wings.

12. (Original) The leg stretching apparatus as recited in Claim 11 wherein said frame comprises a step for assisting a user climbing onto said apparatus.

13. (Cancelled)

14. (Currently Amended) The leg stretching apparatus as recited in Claim ~~13~~ 11 wherein said leg section being slightly concave to retain a user's leg.

15. (Original) The leg stretching apparatus as recited in Claim 11 wherein each of said leg support wings comprises a stretch strap to assist the user in a stretching exercise.

16. (Currently Amended) A method of providing a leg stretching apparatus comprising the steps of:

providing a frame, said frame supporting a seat attached to a top portion of said frame to enable a user's legs to straddle said frame below said seat;

mounting on opposite sides of said seat, to an end of a hinge support bar positioned on said top portion of said frame,
a pivoting end of a pair of leg supporting wings; and

enclosing a threaded rod within said frame ~~means~~ for raising and lowering said leg supporting wings in response to a turning of a ~~lever~~ crank attached to said raising and lowering means.

17. (Original) The method as recited in Claim 16 wherein said step of providing a frame includes the step of providing a step for assisting a user climbing onto said leg stretching apparatus.

18. (Original) The method as recited in Claim 16 wherein said step of mounting said pair of leg supporting wings includes the step of attaching a leg support frame to a leg section.

19. (Cancelled)

20. (Currently Amended) The method as recited in Claim

16 wherein said step of enclosing a threaded rod within said frame ~~means~~ for raising and lowering said leg supporting wings includes the step of attaching a universal joint to an upper end of a said threaded rod.

21. (Currently Amended) The method as recited in Claim 20 wherein said step of attaching a universal joint to an upper end of a threaded rod comprises the step of attaching a crank rod between said ~~lever~~ crank and said upper end of said universal joint for rotating said threaded rod when said ~~lever~~ crank is rotated.

22. (Original) The method as recited in Claim 20 wherein said step of providing said frame comprises the step of providing a wing drive housing having said universal joint attached to an upper end of said threaded rod enclosed therein.

23. (Original) The method as recited in Claim 22 wherein said step of attaching a universal joint to an upper end of a threaded rod comprises the steps of:

providing said threaded rod with a drive bar having a hex nut located in the center of said drive bar, said hex nut being screwed on said threaded rod; and

extending each end of said drive bar through an opening in opposite sides of said wing drive housing.

24. (Currently Amended) The method as recited in Claim 22, wherein said step of providing said frame comprises the step of providing a crank housing, said crank housing extending upwardly from said wing drive housing for enclosing said ~~lever~~crank rod.

25. (Original) The leg apparatus as recited in Claim 23 wherein said method comprises the steps of:

providing a first strut having a first end attached to a first end of said drive bar and a second end attached to a first one of said pair of leg supporting wings; and

providing a second strut having a first end attached to a second end of said drive bar and a second end attached to a second one of said pair of leg supporting wings.